MY MENU

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Proposal 1 |  | Final | Notes |
| breakfast |  |  |  |
| snack |  |  |  |
| Drink |  |  |  |
| Lunch |  |  |  |
| Drink |  |  |  |
| Snack |  |  |  |
| Drink |  |  |  |
| Dinner |  |  |  |
| drink |  |  |  |

Count your servings

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Breads & cereals | Vegetables | Fruit | Milk& Milk products | Meat & Alternatives | Other |
| 5 -7 | 2 | 1 | 2 | 1/2 | 2 |
|  |  |  |  |  |  |